




Mon	Tue	Wed
<p>2</p> <p>10:30 Dancing, lunch room</p> <p>11:45 LUNCH MENU</p> <p>Turkey Meatloaf w/ Gravy</p> <p>Whole Grain Bread</p> <p>Brussels Sprouts</p> <p>Garlic Mashed Potatoes</p> <p>Fresh Fruit</p> <p>1:00 Big Bingo</p>	<p>3</p> <p>11:45 LUNCH MENU</p> <p>Chicken Pot Pie (vegetarian available)</p> <p>Confetti Coleslaw</p> <p>Apple</p> <p>1:00 Movie: Bright Star</p>	<p>4</p> <p>10:30 Line Dancing, lunch room</p> <p>11:45 LUNCH MENU</p> <p>Salmon Fillet</p> <p>Brown Rice</p> <p>Steamed Spinach</p> <p>Minestrone Soup</p> <p>Banana</p> <p>Sugar-Free Pudding</p>
<p>9</p> <p>10:30 Dancing, lunch room</p> <p>11:45 LUNCH MENU</p> <p>Swedish Meatballs w/ Gravy</p> <p>Egg Noodles</p> <p>Baked Tomato</p> <p>Spinach and Cheese Salad</p> <p>Pineapple</p>	<p>10</p> <p>8:30 HICAP</p> <p>9:15 Eyeglass Repair</p> <p>10:30 Book Club</p> <p>11:00 VTA—Route 34 Questions</p> <p>11:45 LUNCH MENU</p> <p>Pasta Primavera w/ Ham</p> <p>Whole Wheat Pasta</p> <p>Hard Boiled Egg</p> <p>Garlic Bread, Garden Salad</p> <p>Banana, Oatmeal Cookie</p> <p>1:00 Movie: Hear About the Morgans?</p> <p>2:00 Hearing Screening</p>	<p>11</p> <p>10:30 Line Dancing, lunch room</p> <p>11:45 LUNCH MENU</p> <p>Chicken A La King</p> <p>Brown Rice Pilaf</p> <p>Au Gratin Potatoes</p> <p>Apple</p> <p>12:45 Bingo, lunch room</p> <p>3:00 Orchestra Performance, lunch room</p>
<p>16</p> <p>10:30 Dancing, lunch room</p> <p>11:45 LUNCH MENU</p> <p>Breaded Cod</p> <p>Spanish Rice and Black Beans</p> <p>Garden Salad</p> <p>Parsley Buttered Carrots</p> <p>Orange</p> <p>Sugar-Free Gelatin</p> <p>2:00 Newcomers' Group</p>	<p>17</p> <p>11:00 CSA Information + Referral</p> <p>11:45 LUNCH MENU</p> <p>Oven Roasted Chicken Breast w/ Mushroom Gravy</p> <p>Brown Rice</p> <p>Sautéed Fresh Broccoli, Cauliflower &amp; Carrots</p> <p>Peaches</p> <p>1:00 Movie: Everybody's Fine</p> <p>1:00 Workshop: Lipreading</p>	<p>18</p> <p>10:00 Podiatry Screening</p> <p>10:30 Line Dancing, lunch room</p> <p>11:45 LUNCH MENU</p> <p>Beef Stuffed Bell Pepper</p> <p>Hard Boiled Egg</p> <p>Marinara Noodles w/ Garlic &amp; Basil</p> <p>Italian Blend Vegetables</p> <p>Fresh Fruit</p> <p>12:45 Bingo, lunch room</p>
<p>23</p> <p>10:30 Dancing, lunch room</p> <p>11:45 LUNCH MENU</p> <p>Chicken &amp; Cheese Enchiladas</p> <p>Mexicali Corn w/ Bell Pepper</p> <p>Low-Sodium 100% Vegetable Juice</p> <p>Fresh Fruit</p> <p>Tapioca Pudding</p>	<p>24</p> <p>9:15 Eyeglass Repair</p> <p>11:45 LUNCH MENU</p> <p>Beef Stew</p> <p>Whole Grain Bread</p> <p>Garden Salad</p> <p>Cantaloupe</p> <p>1:00 HICAP</p> <p>1:00 Movie: Avatar</p>	<p>25</p> <p>10:30 Line Dancing, lunch room</p> <p>11:45 LUNCH MENU</p> <p>Mediterranean Fish &amp; Brown Rice Pilaf</p> <p>Broccoli &amp; Cauliflower</p> <p>Carrot Raisin Salad; Apricot</p> <p>12:30 Alzheimer's Screening</p> <p>12:45 Bingo, lunch room</p>
<p>30</p> <p>10:30 Dancing, lunch room</p> <p>11:45 LUNCH MENU</p> <p>Spaghetti w/ Meat Sauce</p> <p>Marinated Salad</p> <p>Sautéed Fresh Broccoli</p> <p>100% Fruit Juice</p>	<p>31</p> <p>11:45 LUNCH MENU</p> <p>Breaded Cod</p> <p>Corn Chowder &amp; Whole Grain Roll</p> <p>Sautéed Asparagus</p> <p>Oven Browned Potatoes</p> <p>Orange</p> <p>1:00 Movie: The Lovely Bones</p>	

Thu	Fri	Grilled Fish Steaks
<p>5</p> <p>8:30 Notary Service</p> <p>10:00 VTA Cards</p> <p>11:45 LUNCH MENU</p> <p>Chicken Asparagus</p> <p>Pecan Pasta</p> <p>Caesar Salad</p> <p>Tropical Fruit Cup</p> <p>Sugar-Free Jello</p> <p>1:00 SALA Appointments</p>	<p>6</p> <p>10:30 Dancing, lunch room</p> <p>10:30 Blood Pressure</p> <p>11:45 LUNCH MENU</p> <p>Breaded Fish Fillet</p> <p>Whole Grain Roll</p> <p>Sautéed Cabbage &amp; Carrots</p> <p>Sautéed Mushrooms</p> <p>Orange</p> <p>1:00 Movie: Bright Star</p>	<p><b>INGREDIENTS:</b></p> <p>1 clove garlic, minced</p> <p>6 tablespoons olive oil</p> <p>1 teaspoon dried basil</p> <p>1 teaspoon salt</p> <p>1 teaspoon ground black pepper</p> <p>1 tablespoon fresh lemon juice</p> <p>1 tablespoon chopped fresh parsley</p> <p>2 (6 ounce) fillets halibut</p> <p><b>DIRECTIONS:</b></p> <p>In a stainless steel or glass bowl, combine garlic, olive oil, basil, salt, pepper, lemon juice, and parsley.</p> <p>Place the halibut filets in a shallow glass dish or a re-sealable plastic bag, and pour the marinade over the fish. Cover or seal and place in the refrigerator for 1 hour, turning occasionally.</p> <p>Preheat an outdoor grill for high heat and lightly oil grate. Set grate 4 inches from the heat.</p> <p>Remove halibut filets from marinade and drain off the excess. Grill filets 5 minutes per side or until fish is done when easily flaked with a fork.</p>
<p>12</p> <p>11:45 LUNCH MENU</p> <p>Baked Fish w/Seasonings</p> <p>Whole Grain Roll</p> <p>Sweet Potatoes</p> <p>Seasoned Broccoli</p> <p>Fresh Fruit</p>	<p>13</p> <p>10:30 Dancing, lunch room</p> <p>10:30 Blood Pressure</p> <p>11:45 LUNCH MENU:</p> <p>Chicken Noodle Soup</p> <p>Whole Wheat Roll</p> <p>Squash</p> <p>Salad</p> <p>Cantaloupe</p> <p>Birthday Cake</p> <p>1:00 Movie: Hear About the Morgans?</p> <p>1:00 WORKSHOP: Memory Academy</p>	
<p>19</p> <p>11:15 Activity on Fats: Choose These &amp; Reduce These</p> <p>11:45 LUNCH MENU</p> <p>Chicken Cordon Bleu w/ Ham</p> <p>Pesto Pasta</p> <p>Green Beans</p> <p>Garden Salad</p> <p>Mandarin Oranges</p> <p>1:00 SALA Appointments</p> <p>1:00 WORKSHOP: Connecting with Alzheimer's</p>	<p>20</p> <p>10:30 Dancing, lunch room</p> <p>10:30 Blood Pressure</p> <p>11:45 LUNCH MENU</p> <p>Chinese Pepper Steak</p> <p>Brown Rice</p> <p>Oriental Vegetables</p> <p>Spinach</p> <p>Banana</p> <p>1:00 Movie: Everybody's Fine</p> <p><b>SALA POWER OF ATTORNEY DAY</b></p>	<p><b>NUTRITION INFORMATION</b></p> <p>Calories: 554</p> <p>Servings Per Recipe: 2</p> <p>Amount per serving</p> <p>Total Fat: 43.7g</p> <p>Cholesterol: 62mg</p> <p>Sodium: 1259mg</p> <p>Total Carbs: 2.2g</p> <p>Dietary Fiber: 0.6g</p> <p>Protein: 36.3g</p>
<p>26</p> <p>11:45 LUNCH MENU</p> <p>Spinach Salad &amp; Black Bean Soup</p> <p>Hard Boiled Egg</p> <p>Whole Grain Muffin</p> <p>Vanilla Yogurt w/ Bananas</p> <p>1:00 WORKSHOP: Online Shopping</p>	<p>27</p> <p>10:30 Dancing, lunch room</p> <p>10:30 Blood Pressure</p> <p>11:45 LUNCH MENU</p> <p>Szechwan Chicken</p> <p>Brown Rice</p> <p>Sautéed Cabbage</p> <p>Green Salad</p> <p>Pineapple</p> <p>1:00 Movie: Avatar</p>	<p><b>Prep Time:</b> 10 Minutes</p> <p><b>Cook Time:</b> 10 Minutes</p> <p><b>Ready In:</b> 1 Hour 30 Minutes</p> 
<p><b>NUTRITION PROGRAM</b> - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come first served.</p> <p> = Meal contains more than 1000mg sodium</p>		